

# Hawaii Physical Activity and Nutrition Newsletter

March 2016

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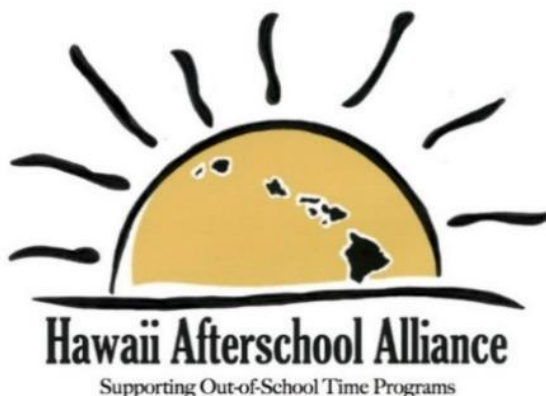
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## News from Hawaii PAN Partners

### Hawaii Afterschool Alliance



The Hawaii Afterschool Alliance is pleased to announce the:

### **2016 Hawaii Afterschool Alliance Annual Summit**

Hawaii Convention Center  
Tuesday, April 26, 2016, at 9:00 a.m.

Please **SAVE THE DATE** and plan to join us at this annual event. More information: [www.hawaiiafterschoolalliance.org](http://www.hawaiiafterschoolalliance.org).

### American Cancer Society



Healthy Living is a monthly electronic newsletter produced by the **American Cancer Society** that teaches the importance of making healthy lifestyle choices. <http://www.acsworkplacesolutions.com/healthyliving.asp>

Here is a link to the [March 2016 Healthy Living Newsletter](#).

## Bikeshare Hawaii



Great news! **Bikeshare Hawaii**, the state's first bikeshare program, is launching this summer in Honolulu! A bikesharing program benefits the state and its residents by easing traffic, promoting fitness, creating business for retailers, enhancing road safety and reducing our dependence on fossil fuels. Convenient and easy to use, Bikeshare Hawaii is a viable transportation option for everyone and provides a cost-effective means of public transit for short trips with docking stations about 800 to 900 feet apart from Diamond Head to Downtown Honolulu, with other locations in dense areas like Makiki and the University of Hawaii.



The bikes are simple to use and accommodate riders of all sizes who can jump on a bike and start riding regardless of attire, including professionally dressed women. Docking stations take major credit or debit cards, or a membership card. Best of all, the exercise you get from riding a bike as opposed to driving a car is an added benefit to bikesharing. With Hawaii's year-round sunny weather, there is no excuse not to get out and ride a bike when the opportunity presents itself! To learn more about Bikeshare Hawaii, visit [www.bikesharehawaii.org](http://www.bikesharehawaii.org).



## Complex Fitness Meets for 5th Graders on Oahu

The Honolulu District Health & Physical Education Program will be holding three Complex Fitness Meets for 5th graders. I am seeking volunteers or organizations to assist with the ½ day of testing. Time is from 8 am to 12. ***Please contact Denise Darval-Chang at email: [denise\\_darval-chang@notes.k12.hi.us](mailto:denise_darval-chang@notes.k12.hi.us) if you or your organization can assist.***

The goal of fitness meets is to continue to encourage the health benefits of maintaining a healthy body and mind, through regular physical activity and mindful nutrition. All students were pretested in the fall, results were shared with each student utilizing FitnessGram (measures Health Related Components of Fitness: Cardio Respiratory, Flexibility, Muscular Strength & Endurance and Body Composition).



April 14th Thursday @ Kaiser High School Athletic Complex: Participating schools include: Aina Haina, Hahaione, Kamilioki, and Koko Head.

April 28th Thursday @ Kalani High School Athletic Complex: Participating schools include: Kahala, Liholiho, Waikiki, and Wilson.

*Editor's note: A Complex Fitness Meet was also held on March 4th Friday @ Kaimuki High School Athletic Complex. Participating schools included Ala Wai, Aliiolani, Hokulani, Jefferson, Kuhio, Lunalilo, and Palolo.*

## Hawaii PAN Plan Highlights



*The Good Juju Co. graphically recorded topics from the presentations throughout the PAN Forum.*

### News from the 2015 PAN Forum

The Department of Health convened the Physical Activity and Nutrition (PAN) Forum on May 28, 2015 as a way to celebrate progress, re-engage partners, and identify next steps for the 2013-2020 PAN Plan. The forum was attended by over 100 participants from throughout the state. At the forum, the Healthy Hawaii Initiative Evaluation Team presented an update on the progress made in achieving the 22 PAN Plan objectives across the five sectors. Please see following pages for a summary of the updates (PAN Plan Progress Reports) presented at the PAN Forum.



**PAN PLAN TRACKER**

Monitors Hawaii's progress towards a healthier 2020 using the Physical Activity and Nutrition Plan.

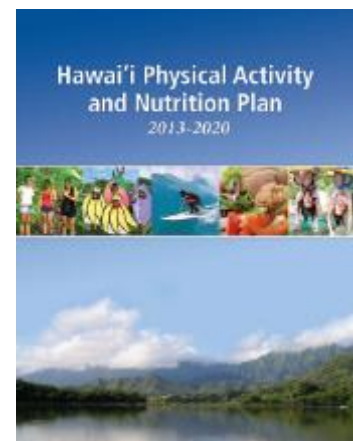
The main feedback from the forum evaluation survey was that participants wanted more networking and collaboration opportunities and more frequent updates on the progress of the PAN Plan. You can monitor PAN objectives by visiting the [PAN Plan Tracker](http://www.hawaiihealthmatters.org) online at [www.hawaiihealthmatters.org](http://www.hawaiihealthmatters.org). The online tracker is updated whenever data becomes available.

### [Hawaii PAN Plan 2013-2020 Evaluation Update](#)

This is a report that was presented at the 2015 PAN Forum that tells how Hawaii is doing on meeting the goals of the current PAN Plan.

### [2015 Hawaii PAN Forum Evaluation Report](#)

This is an evaluation of the 2015 Forum itself, its effectiveness and results from sessions.



Link to the 2013-2020 PAN Plan: <http://health.hawaii.gov/physical-activity-nutrition/files/2013/08/Hawaii-PAN-Plan-2013-2020.pdf>

## ***PAN Plan Progress Reports by Sector***

### **Media**

Since the PAN Plan's launch, there have been a variety of successes in meeting the PAN objectives. Media objective #1 was met through the convening of a statewide media planning group consisting of 15 partners statewide. The group met 8 times through 2013 and 2014 and coordinated media efforts in the relaunch of the "Rethink Your Drink" campaign to reduce sugar-sweetened beverage consumption. Ads and information were disseminated through community partners like Get Fit Kauai, the YMCA, Boys and Girls Club of Honolulu, KONG Radio, HMSA, and the Olelo partnership.

### **Community Design and Access – Physical Activity**

In the Community Design and Access Physical Activity and Nutrition areas there were also successes. All counties have Complete Streets (CS) policies and are currently developing implementation plans and performance measures to track CS progress. In 2014, the Safe Route to Schools (SRTS) funding target was met. However, more work is needed to ensure the allocation of funds for SRTS, complete streets (CS), bicycle and pedestrian plans, and greenbelt and trail systems moving forward. Also, since 2012, more people are biking to work, and there was a slight increase in the number of commuters using active transportation.

### **Community Design and Access – Nutrition**

Progress around the nutrition objectives has also occurred. The number of farmers markets that accept SNAP EBT transactions has increased since 2012, although, more work is needed to meet the target of 71 markets by 2020. Progress has also been made around Objective #7, which seeks to enact two statewide policies to increase access to healthy food and decrease access to unhealthy foods. This objective was met first through passage of Senate Bill 376, which created a statewide Farm-to-School agriculture program and coordinator position, which was filled in 2015. The second policy to meet this objective was the Department of Education's revised guidelines pertaining to "Smart Snacks" in schools. Additional nutrition-related policies to watch this legislative session are: House Bill (HB) 1437 and Senate Bill (SB) 1179, relating to healthy drink options in children's meals; SB1256, establishing a sugar sweetened beverage fee; and HB 1674, establishing restrictions on sugar-sweetened beverages and other beverages served in child care facilities.

### **Educational Systems**

Within Educational Systems Sector, gains were made around Objective 12, in increasing educational opportunities for staff and students to learn about nutrition and agriculture. The establishment of the statewide Farm-to-School agriculture program and coordinator position fed into this objective, along with professional development for 431 cafeteria staff across the state in 2014. Further headway was made in the number of schools that have



gardens and are using those gardens as a way to increase learning opportunities about nutrition and agriculture for both staff and students. The target for Objective 12 is to have a complimentary position within the Department of Education to also support school gardens and agriculture programs. There are a total of 8 Educational Systems objectives, which you can read more about on the online PAN Plan Tracker.

### **Worksite, Industry, and Business**

Under Worksite, Industry, and Business, the Hawaii State Department of Human Resources Development adopted the Worksite Wellness Policy & Procedures on October 1, 2014, empowering state agencies to develop their own worksite wellness initiatives. Worksite Wellness coordinator positions were also created at the Department of Health and Employer-Union Trust Fund to improve the health of state workers, and provide technical assistance and resources to employers.

### **Healthcare Systems**

Since the PAN Plan 2013-2020 launched, progress has been seen in the Healthcare Systems Sector. As of February 2016, three additional hospitals in the state have obtained the international designation of Baby-Friendly: North Hawaii Community Hospital, Kona Community Hospital, and Castle Medical Center. In addition, the percentage of infants exclusively breastfed through their 6th month increased. Finally, more adult and adolescent patients were asked about their weight by their providers.

### **News from the 2015 Weight of the State Symposium**

*"Solving the Chronic Disease Crisis through Innovative Policy Change"*

In November 2015, a symposium was held as a follow up to the 2015 Physical Activity and Nutrition Forum (PAN Forum) in which national experts identified best practices and policy solutions for Hawaii, based on the recommendations identified during the PAN Forum. Over 100 elected officials, heads of state agencies, healthcare organizations, and community partners attended the symposium.

Dr. Howard Koh, former Assistant Secretary for the U.S. Department of Health and Human Services, gave the keynote address, explaining the increase in obesity rates and the corresponding risk for chronic health conditions. The 19 policy recommendations, developed by over 140 community partners who attended the 2015 PAN Forum, were depicted in a mural: "Healthy Policies for a Healthy Hawaii". The mural (shown below) was unveiled at the symposium. An overview of the 19 Policy Priorities can be found [here](#).

[Link to Agenda: 2015 Weight of the State Symposium](#)



The "Healthy Policies for a Healthy Hawai'i" Mural unveiled at The Weight of the State Symposium.



## Highlighted Programs, Projects, and Initiatives

### Hawaii

#### Hawaii Celebrates National Public Health Week

"Healthiest Nation 2030: Hawaii: The Healthiest State?"

This event will include speakers, networking opportunities, and light pupu. University of Hawaii Cancer Center, Sullivan Conference Center, Honolulu  
April 7, 2016

5:00 pm – 7:00 pm

More Information: <http://www.hawaiipublichealth.org/event-2188444> or email [hawaiipublichealth@gmail.com](mailto:hawaiipublichealth@gmail.com).

### National

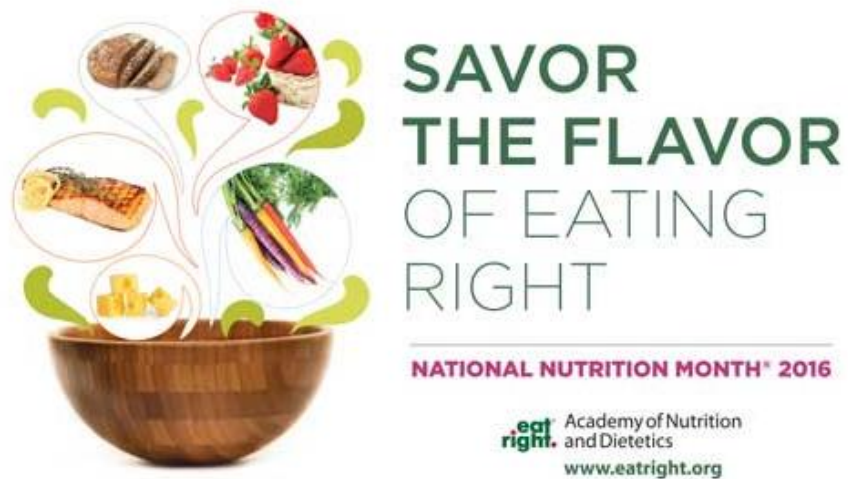
#### National Public Health Week – April 4-10, 2016

The American Public Health Association is celebrating [National Public Health Week](#) April 4-10. The annual event is aimed at raising awareness of public health. <http://www.nphw.org>

#### March is National Nutrition Month®

National Nutrition Month® is a nutrition education and information campaign that focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian

Nutritionist Day is also celebrated in March. The 2016 National Nutrition Month® theme is "Savor the Flavor of Eating Right." More information [here](#).



## Featured Resources and Research

### Hawaii

- Resources

### Hawaii Journal of Medicine & Public Health



Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine (JABSOM). [March 2016 Edition](#)

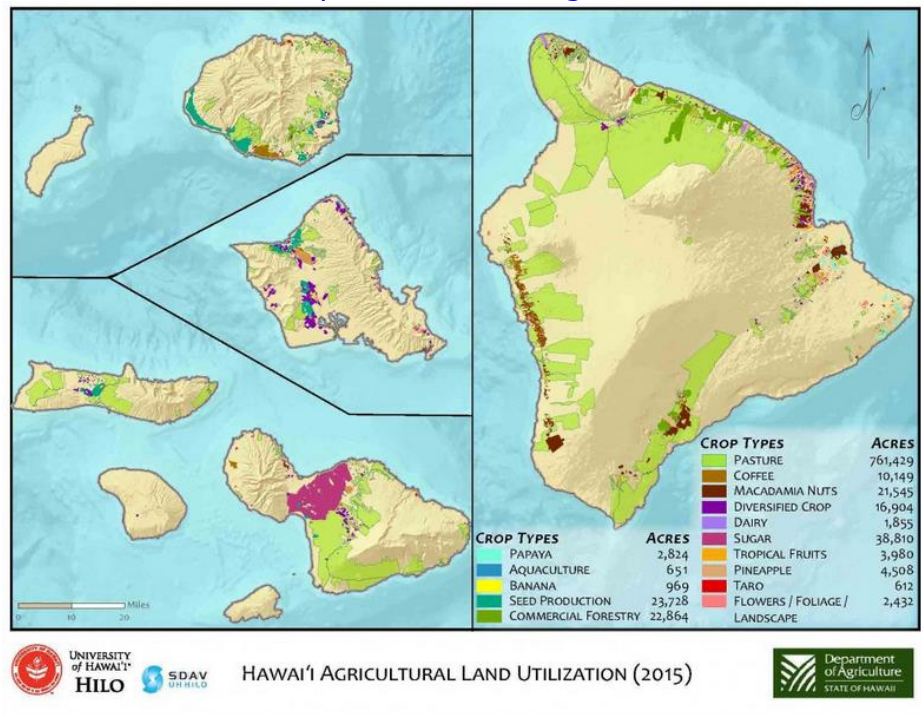
*To view the full edition, please click on the hyperlink above while pressing the Ctrl key, or visit the website at [www.hjmph.org](http://www.hjmph.org).*



## Hawaii Agricultural Land Use 2015

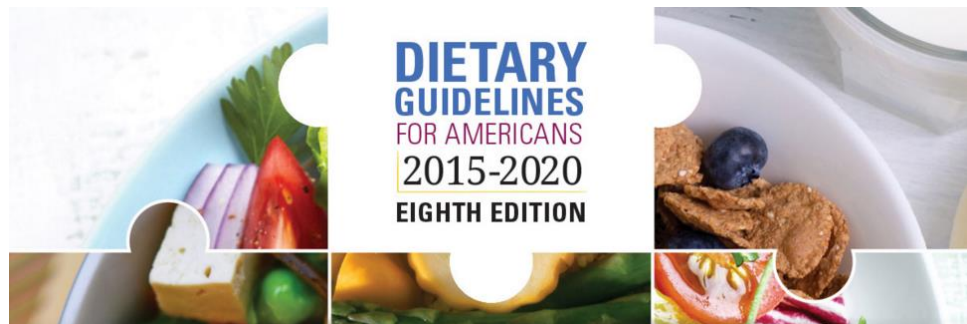
The newly published Statewide Agricultural Land Use Baseline is a report on current agricultural land use and will be useful to any agencies working on Hawaii food system projects.

More information: <http://hdoa.hawaii.gov/salub>



## National

- Resources



## Dietary Guidelines for Americans 2015

The Dietary Guidelines for Americans are researched and revised every 5 years. They are designed to help Americans eat a healthier diet. Intended for policymakers and health professionals, this edition of the Dietary Guidelines outlines how people can improve their overall eating patterns.

[Dietary Guidelines 8th Edition](#)

[Scientific Report of the 2015 Dietary Guidelines Advisory Committee](#)



## Grants and Awards

### **Hawaii Community Foundation Calendar (Grant Deadlines)**

Hawaii Community Foundation manages a repository of more than 600 charitable funds that have been set up by generous individuals, families, and businesses across the state to benefit the people of Hawaii. The grants vary from unrestricted grants to those for very specific areas such as scholarships or a geographical region.

List of Deadlines:

[http://www.hawaiicommunityfoundation.org/file/grants/printable\\_grants\\_calendar\\_2016.pdf](http://www.hawaiicommunityfoundation.org/file/grants/printable_grants_calendar_2016.pdf)

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## Conferences, Trainings, and Professional Development

### **Hawaii**

#### **Hawaii Academy of Nutrition and Dietetics Annual Conference**

May 6, 2016

7:00 am – 3:00 pm

Pomaikai Ballrooms – Honolulu, HI

More information: <http://eatrighthawaii.org/category/hand-annual-spring-conference>

### **National and International**

#### **Society for Public Health Education**

Building Capital: Investing in the Future of Health Education

March 30 - April 1, 2016

Charlotte, NC

More information: <http://www.sophe.org/AnnualMeeting2016.cfm>

#### **SHAPE America National Convention and Expo**

American Alliance for Health, Physical Education, Recreation & Dance

April 5-9, 2016

Minneapolis, MN

More information:

<http://www.shapeamerica.org/events/convention2016/>

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